

# The Gang Gang Gazette

Week 10, Term 3 (22<sup>nd</sup> Sep, 2017)

**Principal:** Tania Collis      **Deputy Principals:** Rikkie Klootwijk and Daniel Breen  
**Executive Teachers:** Deborah Lowrey, Marni Payne and Kate Stear  
**P & C President:** Trudy Green  
**Board Parent Representatives:** Emma McMahon, Amanda Galbraith and Sue Webeck  
**Board Email:** [napsboardreps@gmail.com](mailto:napsboardreps@gmail.com)

## Upcoming Events

Term 3 Ends	Friday 22 <sup>nd</sup> September
North Ainslie Preschool Bunnings BBQ at Fyshwick	Sunday 24 <sup>th</sup> September
Term 4 Starts	Monday 9 <sup>th</sup> October
Junior Assembly hosted by 1/2TA, 1/2MR and 1/2SH	Friday 13 <sup>th</sup> October @ 12 noon
Kindergarten Job Expo	Friday 13 <sup>th</sup> October
IEC Zoo Excursion	Friday 13 <sup>th</sup> October
Year 1/2 Wetland Excursion	Tuesday 17 <sup>th</sup> October & Wednesday 18 <sup>th</sup> October
Senior Assembly hosted by 3/4EM and 3/4KM	Friday 20 <sup>th</sup> October @ 12 noon
Kindergarten Excursion to Dickson Shops	Friday 20 <sup>th</sup> October

### Notes Home

- Term 4 Canteen Menu
- Student Fundraiser email
- Year 6 Pizza lunch email

### Board

Next Meeting: Tuesday 31 October, 6:00 pm

### P & C

Next Meeting: Tuesday 31 October, 7:30 pm

## Dear Families and Friends,

This morning I had a lovely start to the day when I looked out towards our school community at morning lines and it was awash with colour. Thank you to our Student Leaders for organising our Fluoro Day fundraiser to support Kids Helpline. We also had a chance to celebrate Stress-down Day as a school with some yoga and deep breathing with Meredith at lines. I loved seeing so many of our parents and carers joining in with us to stretch and take some time out to meditate on this beautiful spring morning.

I then had the pleasure of attending our final assembly for the term and learnt a fun way to remember my angles whilst bopping along with the senior school. Today I talked about remaining curious and using that curiosity to get our brains 'hot and sweaty' over the holiday break by learning something new. I look forward to hearing about it all next term when we return.

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This term has been a busy one and as I reflected over the term I looked at our calendar to see the vast array of extra-curricular activities which added to our community this term. We pride ourselves on providing a rich learning environment for our students. Some of those activities this term included:

- NAIDOC Week Celebrations
- Building our Bush Tucker Garden
- Excursions to the Botanical Gardens and Farm
- Visits to preschool from the Reptile Man
- Combined Band Rehearsals
- Book Week Celebrations
- North Gungahlin and ACT Track and Field
- Preschool to the Far
- P and C Trivia Night
- Aqua Safe for year 2
- 3/4 Camp
- Year 6 Exhibition

### *School Canteen*

Congratulations to Heather and our P and C for their latest award from the Fresh Tastes organisation. They were recently honoured at Canteen Connect 2017 which is an event celebrating the achievements of ACT school canteens. NAPS Canteen was recognised as one of 30 ACT school canteens which met the National Healthy School Canteen Guidelines in 2017. This award is a wonderful testament to the effort Heather, the P and C and the volunteers put into providing healthy, tasty food for our community. Well done.

### *Safety Reminder*

Could families please remind children to stay safe when walking or riding to and from school. We have had reports of children ignoring the lights, running across roads and not using the crossing or lights.

### *Mobile Phones*

Mobile phones should be handed into the Front Office for safe keeping if they are brought to school. This should occur as soon as the student arrives at school and they can then be picked up after school to take home each day. There is no need for internet connection and students should not be using them before or after school to access YouTube or movies etc.

### *"Mind in a Jar"*

In this week's newsletter, our psychologist, Shauna Browning, has written an article on making and using a mind in a jar which helps children to understand their own emotions when they are feeling overwhelmed. Shauna has been sharing a number of strategies over the last few weeks and will continue to do so next term. I encourage you to read them and try the strategies with your own children.

The NAPS preschool will be fundraising by running the Bunnings BBQ at Fyshwick on Sunday 24 September. We would love you to show your support by dropping by to purchase a sausage to help the P and C with their fundraising efforts. We hope you all enjoy your break, please stay safe if you are travelling. See you for Term 4.

*Tania Collis* (Principal)

### “Mind in a Jar”

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When our kids are emotionally overwhelmed, they tend to demonstrate this in their behaviours, rather than using words. Even as adults, we know that finding words to describe how angry or worried we are can be a challenge. This is why it's important that we find other ways to express ourselves. 'Mind in a Jar' is one way of doing this. It might make a fun school holiday art project too! All you need is an empty jar, water and glitter. Here's what to do:

1. Take your empty jar and fill it to the top with water. This represents the mind.
2. Add lots of glitter to the jar. Make sure it is glitter that sinks to the bottom. The glitter represents emotions. Use lots of colours if you like, as it's probably a better representation of the chaos that occurs in our minds when our emotions are heightened.
3. Put the lid on the jar. Some children might like to write their names on the lid, or decorate it.

Now you are ready to practice using the jar. Here's a guide on how to do that:

1. When your child is calm, ask them to think about a time when they were very angry or upset.
2. Have them shake up the jar really fast.
3. Tell them that this is what their minds might have felt like when they were distressed.
4. Teach them that rather than responding in way that might hurt someone else's feelings, or make them feel worse, they could take some deep breaths as they watch the glitter slowly settle.
5. Once the glitter has settled completely, relate that to a calm and relaxed mind. Ask them how they found the activity.
6. Practise this while your child is calm. This is really important. None of us can be expected to utilise a new skill when our emotions are feeling out of control.
7. Next time your child begins to get upset, have their jar available to so that they can shake it, and watch the glitter settle as their emotions do the same.

You might like to make one for yourself too. Role modelling strategies such as these is incredibly powerful.

Have a wonderful and restful break!

**Shauna Browning**(School Psychologist)



## After School Activities

### ART CLASS is BACK at North Ainslie Primary School for term 4.



If your child enjoys being creative and exploring materials and processes this is the class!

Visual artist and teacher Aedy guides students through elements of Art and Design. Class caters from kindergarten to year 6. Class size is limited, so get in quick if your keen.

Where: Art room at North Ainslie

When: Thursdays 3:05-4:30pm

Weeks 1-10 term 4

Cost: \$300 for term, covers tutelage and all materials.

Questions? More info? Please get in touch [Aedyartist@gmail.com](mailto:Aedyartist@gmail.com) or 0429706177

### AUSTRALIAN NATIONAL UNIVERSITY CRICKET CLUB



#### 2017/18 Season – Registrations are Open

For 5-8 year olds at ANU North Oval on Friday Evenings from 5:30pm till 6:30pm

For 8 and 9 year olds at Kaleen Oval on Saturday mornings from 9:00am till 10:30am

Junior cricket for 9, 10, 11 and 12 year old boys and girls

Training (grading) on 17 September (Sunday) and 24 September (Sunday) at ANU South Oval Nets from 12:30pm till 2:00pm.

Any questions contact [anujuniorcricket@gmail.com](mailto:anujuniorcricket@gmail.com)

Register at [www.playcricket.com.au](http://www.playcricket.com.au)

### GET ACTIVE SPORTS : SOCCER FOR JUNIORS Only



**\$90 for 6 classes in Term 4 2017**

- ☑ Boys & Girls aged 3 - 8 Years
- ☑ Skills based intro to Soccer
- ☑ Indoor sessions
- ☑ Modified equipment
- ☑ Ideal for beginners
- ☑ Age appropriate programs
- ☑ Parent help for 3 - 4 year olds
- ☑ SOCCER BALL TO KEEP!

#### Location:

**Lyneham High School 61 Goodwin Street, Lyneham, ACT, 2602**

#### Starts

Sunday 22nd October

3 and 4 year olds - 9.45am to 10.30am

5 and 6 year olds - 10.30am to 11.15am

7 and 8 year olds - 11.15am to 12.00pm

**ENROL + PAY ONLINE AT [WWW.GETACTIVESPORTS.COM.AU](http://WWW.GETACTIVESPORTS.COM.AU)**

Alternatively call the office on **1300 772 10**

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## P &amp; C News

**5 weeks to go...**

There are just 5 weeks to go until the Fiesta, and two of those weeks are holidays!

Fiesta is the P&C's major fundraiser for the year, raising money for all sorts of extra resources for our kids.

**How can you help?**

If you haven't signed up to help out at the Fiesta yet, please do so! Just an hour helping out on the food stall your child/ren's class has been allocated will be a big help.

Please put your name on the sign-up sheets in your child's classroom or email [napsvolunteers@gmail.com](mailto:napsvolunteers@gmail.com).

We also need your help spreading the word about the Fiesta. There are bundles of pamphlets at the front office for people to collect and distribute to letterboxes in the local neighbourhood. What better way to get exercise than strolling the streets of our lovely suburbs delivering Fiesta notices? Please grab a bundle and help us out.

**Lucky Draw**

Tickets for the Lucky Draw went home with the youngest child from each family on Wednesday. If you haven't seen them, please check their school bag! Each family received 10 tickets. Sold tickets and stubs should be returned (in the snap lock bag) to the office or the silver boxes. If you are able to sell more tickets, extra bundles can be collected from the front office. There are lots of fantastic prizes to be won. A very big thank you to our sponsors, including:



**PUIP**

To help sell tickets for the Lucky Draw, a poster of the prizes is attached.

**Preschool Fundraiser - Sunday 24 September 2017**

This Sunday NAPs preschool parents and carers will be serving up the sausages at Bunnings Fyshwick.

If you are in the area or just love sausages, please come along and buy a sausage or 3 to support North Ainslie Preschool!

Many thanks

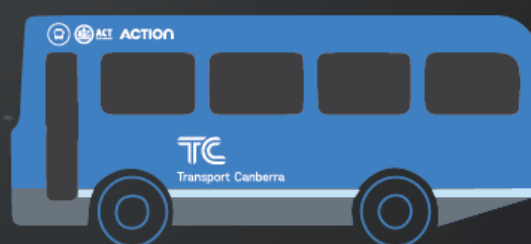
**Rizpah Jarvis**

# NEW Transport Canberra Bus Network starts Saturday 7 October

Plan your travel before the school holidays!

Timetables and maps are  
available on the TC website.

[transport.act.gov.au](http://transport.act.gov.au)



**TC** Transport  
Canberra

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## TERM 3 HEHUB CANTEEN MENU (Open Wednesday, Thursday Friday)



### Recess

A selection from the following:

Peas 'n' corn cup	\$1.00	Fruit of the day / Apple slinky	\$0.50 / \$1.00
Pikelets(VG)	\$0.50	Toasties	\$1.00
Popcorn	\$0.50		
Banana muffin (v)	\$0.50		

### Lunch

Vegie sticks	Free	Fruit of the day	\$0.50
Vegemite sandwich(VG)	\$2.00	Baked potato, cheese(or not),salsa(V)	\$3.00
Tex Mex toasted wrap(V)	\$2.00	Milk bottle (150ml)	\$1.50
Soy milk (VG)	\$2.50	Tuna & cheese toasted sandwich	\$3:00

### Daily Lunch Special- \$3.00

#### Wednesday:

Pizza(V)

Smoothies \$2.00

#### Thursday:

Pasta beef bolognaise(DF) \$3

Smoothies \$2.00

#### Friday:

Veg Sushi(VG),  
Chicken Sushi(GF)  
Tuna Sushi (GF)

Smoothies \$2.00

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## Healthy Eating Hub MANGO FUNDRAISER

The HEHub is running a mango fundraiser again this year. Here is what you need to do:

1. Get as many people as you can excited about mangoes.
  2. Collect \$25 per tray from your excited people.
  3. Make your payment directly into the HEHub account:  
BSB: 062 904  
Account number: 1050 1076  
Reference: enter MG, the number of trays and as many letters of the surname as possible. Eg. MG03SMITH
- \*\* Please make a note of your receipt number.
4. Hand in the tear off section below into the front office by **Friday 27 October 2017**.

We will also be taking orders at the HEHub Stall on Fiesta night.

Delivery should be around end of November. We'll let you know delivery day as soon as it is confirmed. We'll ask NAPS to send out an email and will make announcements at lines. If you can't collect your mangoes on delivery day please arrange for someone to collect them.

Trays weigh approximately 7kg. The number of mangoes depends on the size of the fruit, and may vary from 12 large mangoes to 23 small mangoes. Mango variety is Kensington Pride, also known as Bowen Mangoes.

Any questions please contact Trudy Green – 0427 539 525

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### HEHUB MANGO FUNDRAISER

YOUR NAME:

CHILD'S NAME & CLASS:

(If you have more than one child at school, please choose the oldest child)

EMAIL ADDRESS:

CONTACT NUMBER (preferably mobile):

ALTERNATIVE CONTACT – NAME & NUMBER:

NUMBER OF TRAYS:

MONEY PAID:

ONLINE BANKING REFERENCE:

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